

**Adelson Educational Campus
Afterschool Learn to Swim Program**

Childs Name _____ Age _____ D.O.B _____

Parent/Guardian Name _____

E-mail _____ Phone _____

Emergency Contact Name and Phone Number _____

- Student must be comfortable in water without parent.
- Parent/Guardian must remain in the pool area at all times during the lesson.
- A swim diaper is required for all students not potty trained.
- Please have student at pool and ready to swim by class time
- Payment is required upon submitting registration form to reserve a spot. No make- up swim lessons or refunds.
- Please return this form with payment to Coach T's office. Please make checks payable to: Adelson Educational Campus

Days: **Monday/Wednesday or Tuesday/Thursday**
 Fee: **\$48/session (6 lessons).**

Session Dates:

M/W
 Session 1 – Aug 28-Sep 18
 Session 2 – Sep 25-Oct 11
 Session 3 – Oct 16-Nov 1
 Session 4 – Jan 8-29
 Session 5 – Feb 5-26

T/TH
 Session 1 – Mar 6-22
 Session 2 – Apr 10-26
 Session 3 – May 1-17

3:45 – 4:30	Preschool Aquatics* Max - 6	Level 3/4 Max - 8
4:45 – 5:30	Level 1 Max - 6	Level 2 Max - 6

*Preschool Aquatic classes are 30 minutes

Session(s) _____ Level(s) _____

Parent/Guardian Signature _____ Date _____

Preschool Level 1 (ages 4-5 yrs)

Skills

- Enter water using ramps, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading actions
- Alternating and simultaneous leg actions and arm actions on front
- Alternating and simultaneous leg actions and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Preschool Level 2 (ages 4-5 yrs)

Skills

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Front float for 3 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Preschool Level 3 (ages 4-5 yrs)

Skills

- Jump in to shoulder-deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing, 10 times
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Learn to Swim Level 1: Beginner (ages 6-15 yrs) **Introduction to Water Skills**

Skills

- Enter water using a ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Learn to Swim Level 2: Beginner (ages 6-15 yrs)
Fundamental Aquatic Skills

Skills

- Step or jump from the side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

Learn to Swim Level 3: Intermediate (ages 6-15 yrs)
Stroke Development

Skills

- Jump into deep water from the side, submerge, return to the surface then to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamline position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, and dolphin kicks

Learn to Swim Level 4: Intermediate (ages 6-15 yrs)
Stroke Improvement

Skills

- Headfirst entry in compact and stride positions
- Feet first surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

Swimming

- Front crawl for 25 yards
- Elementary Backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking